

SIMPLE PRECAUTIONS FOR THE GUARDING OF MEAT FROM HEAT

(Special to the Yuma Daily Examiner)

WASHINGTON, D. C., June 22.—A few simple precautions will aid the housewife in keeping meat untainted in hot weather. It is, of course, common knowledge that the higher the temperature, the quicker meat will spoil, but the family's supplies are not absolutely at the mercy of the thermometer. Ice and cleanliness are two great weapons of defense.

For many families a refrigerator is obviously out of the question, but it is perhaps better to have no refrigerator at all than a neglected one. Merely to wash it out occasionally does little good; it should be thoroughly scalded at frequent intervals, in particular, the drain. This, if overlooked, is apt to harbor a fungous growths, which may spread to the food. On one occasion a man applied to the Department of Agriculture because he had found that a joint of beef placed in his refrigerator had turned a peculiar bright red. Upon examination it was ascertained that the meat was covered with a peculiar fungous growth due entirely to the condition of the refrigerator. Growths of this kind do not always advertise themselves so prominently and there may be much evil in an ice box that the eye can not detect.

If the refrigerator drain is not thoroughly cleaned moreover, it is likely to become choked, the water is not carried off quickly enough and little pools are left standing in the interior. Dampness is one of the conditions most favorable to bacterial growth. An ice box in this state will not protect food long. It is, in fact, a wise precaution to wipe the interior of a refrigerator every day with a dry cloth.

The temperature of the average refrigerator is higher than most persons suppose, and in those households where a regular supply of ice is not obtainable, a cool cellar, a spring house or the depths of a well may then serve somewhat the same purpose. On farms where there is an ice house, the meat may be placed in some form of closed retainer and buried in the ice. In any event, the meat must be carefully screened from flies. The danger from infection from these pests has been pointed out many times, but familiarity breeds contempt and they still persist. The fly not only does

the meat itself no good but it may readily deposit upon it some infection which is carried in turn by the meat into the human system. Some flies will deposit their eggs on the meat and these in a short time will become maggots and the meat is "fly-blown."

Much sickness that is popularly ascribed to ptomaine poisoning or to bad food in general is really caused in some such way as this, the food, in itself perfectly wholesome, acting merely as a mechanical carrier for the "germs" which cause the trouble. Some of these sorts come from the human intestine and their presence is a sure indication that filth is present, even if the amount is too small to be seen. Filth of this kind may be carried by dust, but it more often comes from soiled hands. One might wish that every kitchen could have the sign found in some well-managed food factories:

"When you leave the room for any purpose, wash your hands before you return to work."

"Germs" which grow in foods and cause illness grow very rapidly, particularly if the food is a little warm, and are not destroyed unless the food is well cooked before serving. Simply "warming up" is not enough as was found in a case of illness recently reported after eating some warmed up creamed vegetable. Certain kinds of food—creamed chicken, or custard, or warm vegetables, for example—are excellent culture mediums for bacteria which may have been introduced into them by accident. For this reason it is a safe rule to have as short a time as possible intervene between the preparation of food and its consumption. Broth is another excellent medium and in consequence should be drafted off if it is intended to keep the meat for any length of time before serving. If the broth is used also, it should be boiled thoroughly first. All food, cooked or uncooked, should be kept in a clean, cool place in order to reduce the danger of infection to a minimum.

When meat must for any reason be kept for unusually long periods of time or when the conditions are unusually unfavorable scalding may be resorted to advantageously. Dropping the meat into boiling water for a few minutes will not seriously affect its flavor when it ultimately appears upon the table, and it will put it in a much better condition for keeping. It is important, however, that it be dipped in a large body of boiling water. If only a small amount of water is used, the introduction of the meat will lower the temperature to such an extent that the whole process becomes worthless. With such meats as veal or pork, which are always—or ought to be—thoroughly done, the precaution can be carried further and the joints partially cooked before being stored away. Care should be taken, however, to see that the re-cooking is thoroughly done.

Hot weather also calls for additional precautions on the part of the housewife in regard to canned products.

Once these have been opened and exposed to the air, they spoil as quickly—if not more quickly—than fresh food. The contents of a can should therefore be disposed of without delay. In no event should they be left in the can after it has been opened, but it should be used at once unless the housekeeper wishes to "air" the canned material which some believe is desirable. If this is done, the can contents should be transferred to a clean earthen or glass dish and put away for an hour or two in a cool place where the dust will not reach it.

MARVELOUS SPECIMEN OF GRAPES FOR FAIR

Glenn Wheeler, the fair commissioner, while touring the city and valley for specimens to take to the state fair, wandered to the home of A. H. McClure, who owns one of the best homes and prettiest yards in the city. There while rambling through the many flowers and shrubs, he discovered a grape vine with three startlingly large bunches of grapes on its branches.

"Just the thing," he thought, "for a good display." So, severing them carefully from the vine, he took them to the Yuma Drug Store, and had them preserved in a glass jar. This jar will be on display at the Yuma Drug Store, on the corner of Second and Main streets. It measures nineteen and one-half inches in circumference and is twenty-four inches in height.

The vine from which these grapes were taken is a six-year-old Thompson seedless which produces from 225 to 300 pounds each year. With care and cultivation the finest grapes in the world may be raised in the Valley surrounding Yuma. By such wonderful specimens as these grapes, it is an easy matter to convince the people of the productiveness of the land in this city and the surrounding valley.

We feel assured that with plenty of water, this section of the country will be the greatest raw food producing district in the world.

INJURED BALL PLAYER KEEPS TRACK OF GAME

(Special to the Yuma Daily Examiner)

LOS ANGELES, June 22.—From a bed in the Angelus Hospital, Jack Beatty crack Angel first baseman, is following the exciting race of the Pacific coast League. Jack, whenever his team drops a game, protests that his cracked elbow, received in a recent mix-up, is entirely well, that he cannot feel pain in it, and that he is going back to work, right now. About at this moment his gesticulations to his doubting doctor become so reminiscent of the coaching line that Jack bumps the elbow on the head of the bed and his remarks are drowned in lamentations. That Beatty will be back in the game within a month is the opinion of Dr. C. W. Cook, his physician.

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